

THE SPIRIT

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Stores Are Closing. Do We Care?

By Urwah Ahmad

There are many companies that are closing stores for both financial and tactical reasons. Some of the companies include economic bigs like Macy's, Sears, Pathmark, and more.

However: does that really affect the general public? So many of us just find it easier to shop online to find what we need. We can shop faster and find more variety and not have to go to a store and come back empty-handed. We can explore multiple stores and prices with the tip of our index finger.

According to comScore, a company that provides data about the digital world and other companies, 78 percent of the population in the United States bought something online in the first quarter of last year, much of which was done through phones. The main demographic are consumers from the age of 18 to 34, or the millennial. However, senior citizens are not that far behind. According to comScore, one in four online shoppers are senior citizens.

Those who are looking for jobs might see this as a problem. With the increasing use of online shopping, stores will close. The outcome of that, seemingly, will be fewer jobs. However, this is not always the case. There are many new places that are opening up as well, be it new small businesses or other international ones creating new branches. Also, other stores like H&M and Zara are expanding their retail spaces due to demand. So contrary to appearances, store-lovers, there is no need to worry for the time being if there will be a de-

ficiency in the number of brick-and-mortar stores. According to the International Council of Shopping Centers (ICSC) and National Council of Real Estate Investment Fiduciaries (NCREIF) there has been recent positive growth in occupancy rates of retail spaces.

Still, for many retail businesses, the reality is that sometimes doors must be shuttered. Maybe their chosen location does not work for them, or they open too many locations and cannot manage the expenses of all the stores they have. Those that shut down often become abandoned; a deserted mall and its surroundings can quickly turn into the setting from an apocalyptic movie. To counter this, often action is taken to renovate abandoned malls, turning them into useful spaces, like hospitals and schools.

Companies need to do their research and not expand without the demand. By studying trends, whether they be online shopping or something new, companies need to stay ahead of the consumers. Many big and small companies do not strategize and that's why shoppers turn to other stores.

Any one of us could start some type of business if we desired. That does not necessarily mean we need to buy a space and open a store physically. We could do our selling online which is what many companies do. Has anyone ever seen an Amazon store anywhere? (Editor's Note: Actually, yes. One just opened in Seattle.)

Some might be sad over a store closing, but we can all still shop at other places and online. But then again, do we really care about the outcome of it all?



Borders is just one of many major American retailers driven out of business by online commerce.

Holiday Recipe: Manicotti

By Adrianna DiBenedetto

It doesn't matter what holiday it is, manicotti is happening at my home. When you know that a large family gathering is about to happen, making a large amount of manicotti from scratch is always my go-to. It's not very difficult to make, and is not incredibly time-consuming, but is always delicious.

What you need:

For the filling:

A 3 pound container of ricotta cheese
1 egg
1 tablespoon parsley
1 teaspoon black pepper
2 tablespoons grated pecorino romano cheese

For the dough:

6 cups of flour
6 cups of water
12 eggs
A pinch of salt

For the sauce:

3 cloves of garlic
Half of one small onion (about the same amount of garlic)
4 leaves of fresh basil
1 thirty-two oz. can of tomato sauce
1 thirty-two oz. can of crushed sauce
1 six oz. can of tomato paste
1 pound of fresh tomatoes, blended
4 tablespoons sugar
1 tablespoon of olive oil

(Makes about 50)

Preparation and Cooking:

Sauce: Depending on your own preference, you can either use fresh tomatoes, blended, your favorite canned sauce, or a combination of the two. If I end up just using canned tomatoes/sauce, I usually use Tut-torosso. Refill a can twice with water, and pour that into the sauce as well. Wait until the sauce is hot, and then add the basil and sugar. Fry the garlic and onion in olive oil until brown, and then add the cooked onion and garlic to the tomato sauce. The sauce

should cook for about an hour and a half.

Dough: Put all ingredients for the dough into a bowl, and whisk for about 5 minutes. Coat a frying pan with butter, and pour a thin circle of the whisked dough mixture into the pan. Let cook for about 3 minutes, flip it over, and let cook for three minutes. Place a piece of parchment paper on a plate before transferring the cooked dough onto it, and place another piece of parchment on top of the cooked dough. Repeat this for each cooked piece of dough.

Filling: Whisk all ingredients for the filling together until mixed well.

We're almost done! Lay a dough-circle flat on another dish, and use a tablespoon to scoop the cheese mixture into a reasonably sized line down the center of the dough. Roll it up; no need for anything fancy, and place it in a long tin tray. Repeat this for the rest, laying them snugly side-by-side. Pour some sauce over those babies and stick them in the oven at 350 degrees for 45 minutes.

Enjoy!



Mmmmm.... manicotti...

Politics & Society

Why Racial Protests Happen

By Aaron Baker

Yet again our timelines, our newspapers, and our visual media are reporting on the divisive topic of race relations. This time, the protests of students of color are at the University of Missouri, calling for the dismissal of the "now former" school president Tim Wolfe over inadequate responses to racist incidents at University of Missouri. This prompted a hunger strike, the public outrage of millions across the "Twitter-verse", and the protests of the African-American players on the school's football team. It also prompted various defenses of Tim Wolfe and criticism of the student protesters and various "pro-black" movements across the United States. This is not the first time protests against racial injustices have occurred in the past three to four years as they have grown in number, in support, and in recognition "and in turn, have caused a growth in criticisms. In light of all of these protests we must ask: why are there so many? Why the disconnect between those who protest, those who criticize, and those they are protesting against? And what can we do to move forward?

Let us take this one step at a time. First I'd like to introduce Thomas Hobbes and his book the Leviathan. In the Leviathan, Hobbes describes the relationship between the sovereign and the commonwealth. The commonwealth gives the sovereign power to rule, and the commonwealth also has the power to protest against or remove the sovereign if he violates agreed-upon principles. This is one of the many philosophies that guided our forefathers when they rebelled against the tyranny of the monarch. This is what the suffrage and civil rights movements have both done. And so this is what the students at the University of Missouri are also doing. It is an American right to protest if you feel that there is injustice within your

community, state, or country. When there are repeated incidents of any kind that make a segment of a population feel unwanted or unsafe, it is up to the sovereign (in this case Tim Wolfe) to either find a way to achieve peace or risk the threat of civil disobedience.

Secondly, systemic racism runs rampant in the United States of America. Protests such as this are not necessarily about the racists themselves, but about a system that marginalizes people of color. This is something that is not easily understood if you have never been exposed to it. Whether it's the school-to-prison pipeline, stop-and-frisk, the Rockefeller laws, discrimination because a name "sounds ghetto," or the acceptance of black-face parties, systemic racism has increasingly frustrated individuals of color. Even at the University of Missouri, change did not come until the football team became involved and threatened the bottom line and prestige of the university. Yet consistently, people have denounced movements like Black Lives Matter because they believe that it is a war cry that black lives are more important than other lives, when in fact it is the opposite. As President Barack Obama said, "the reason that the organizers used the phrase 'Black Lives Matter' was not because they were suggesting nobody else's lives matter. Rather, what they were suggesting was there is a specific problem that's happening in the African-American community that's not happening in other communities". (CBS, 2015).

This is an issue that has happened consistently for decades and essentially amounts to what happens if you consistently poke a person; at first they may pretend to not care, or be moderately annoyed, but the longer you poke the more agitated they become, until eventually they become livid and angry. This is why millions march to protest the injustices of Sandra Bland, Trayvon Martin and Michael Brown; why millions stand with Ferguson and the University of Missouri. Not just because of each individual



event, but because of the underlying causes behind them. Because of the lack of accountability afterwards. Because of the people and families who have to live through it. Because it can happen to them or a family member at any time.

There is no easy fix to these issues. Whether or not the introduction of new laws, or justice counsels, or a new school president, or more leaders of color in America can cause meaningful growth is something that can only be answered by those in the future. But as of right now, listening to and acknowledging the grievances, followed by accountability and coupled with a fair and reasonable remedy, would go a long way. Because "In the absence of understanding human reaction is generally negative" and "only when something is truly understood can it then be looked at in a positive light." (Chernoff, 2015)

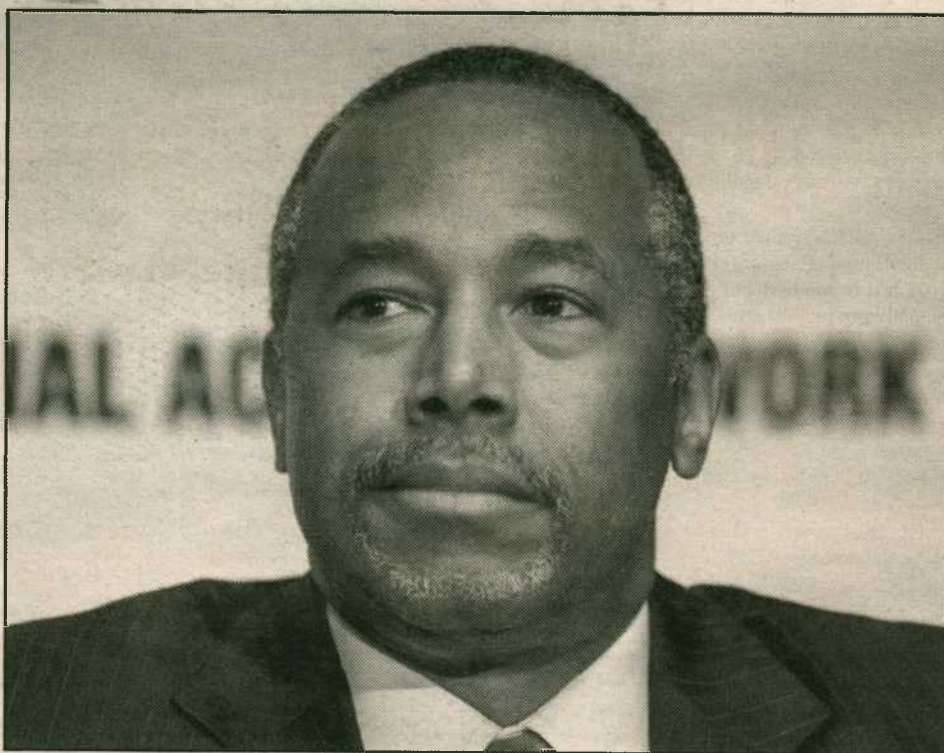
The Paradox of Ben Carson

By Bruno Merisier

Dr. Benjamin Carson is running for president, but was employed as a neurosurgeon. People claim he has a mellow persona, but some of his views are drastic, such as his claims on abortion and gay marriage. He must have mastered the scientific method in order to enter the medical field, but claims that Satan encouraged the theory of Darwinism. What more evidence does one need to illustrate that Dr. Carson is no ordinary Republican? He is far from it. Many qualities about this candidate seem to hold some contradiction. Though, why does it matter? Is this random, meaningless criticism? Or do they indicate that he is not the best fit to be the President of the United States?

Employers wouldn't hire someone whose experiences are out of scope for the job. Even if a potential employee has an impressive resume, there are others lined up who may be better suited for the specific employment in question. So how is the presidential race any different? As a reminder, the president's job is largely about foreign affairs and military control; it is not a contest of who is the smartest. Some supporters claim that they need a president like Carson who would use common sense in the White House. However, common sense can only lead you so far when conducting military action and keeping a solid relationship with the rest of the world's nations.

Also, Carson is depicted as very relaxed and quiet, yet some of his ideas are not as calm as some would like to believe. Many of Dr. Carson's supporters are very religious and agree that abortion (or the taking of an unborn child's life) is unacceptable. Even when asked about children born out of unwanted sexual contact, Dr. Carson stood firm that abortion should not be allowed. If Carson is elected the may very well strive change the pro-choice policy. Therefore mothers who wish to receive an abortion would have to do so illegally. As a result, there could be a higher risk of



undergoing a botched procedure and something going wrong. This may cause worse problems for the mother than having the child in the first place. But many should be asking this: Why is he in favor of changing a policy that seemed to be settled long ago? Does his idea have something to do with his beliefs? If so, one should be reminded that regardless of personal beliefs, a president is expected to address issues in the interest of the people and not solely because something seems evil. Regardless of whether a person thinks abortion is evil or not, is changing the Roe vs Wade decision the best thing for American mothers?

Also, Dr. Carson at one point had the largest number of expected votes among the Republican field in Iowa. The Iowa caucus is a

renowned voting conference that is distinct from many other states. For instance, in New York, people gather in line to fill in a bubble Scantron to pick the next leader of the United States. On the other hand, the Iowa caucus ceremoniously meets the presidential candidates. During this gathering, voters have the option to voice their concerns to those running for office. This caucus is the make-it or break-it deal for many candidates. It is a time to see whether a person has what it takes to improve the country. And it's very possible that when all is said and done, Carson will be deemed the best fit amongst the Republican Party to be presented as their candidate for President.

Party Lines Are Hurting America

By Aaron Baker

In the United States of America, our politicians tend to belong to one of two political parties, the Democrats and the Republicans. The Republicans tend to have more conservative views on how we should govern our nation while Democrats are viewed as more liberal in their policies.

Now, individual Americans meet, greet, and enjoy the company of even those who hold vastly different political views than they themselves do, and said differences do not mean that people on opposite sides of the aisle are incapable of creating or building a relationship with each other. But in American politics and political rhetoric, corporate influence and a detachment from everyday citizens makes reaching across the aisle to work with a member of congress not in your party akin to a Shark hanging with a Jet. We can use, for example, the debate on the Affordable Care Act where rhetoric from both parties made it an unnecessarily divisive issue that led to a shutdown of the federal government from October 1st to 16th and a loss of anywhere from 12 to 24 billion dollars in economic cost. And while it is commendable to fight for what you believe in as a political representative, it is also vital to remember that the job of said political representatives is to do what is best for the American public as well as listen to what the American public is asking of them. But constant fighting and, primarily in election times, attacks on other law-makers seriously impede the political process.

While I understand the pressures and responsibilities of being a lawmaker and can sympathize with the strenuous nature of the job, feudal wars between parties will only bear rotten fruit for the nation. Very rarely do we see full bipartisan support for any law unless it is after an unfortunate tragedy, and even some of those beget a greater number of divisive issues. It should be in every politician's best interest to act in concert with the wants and needs of the people in order to maintain a great nation.

Recipe: Apple Pie

by Adriana DiBenedetto

Don't listen to them, apple pie can be an anytime food, you just have to believe. Here's a simple pie recipe that my family enjoys during the holidays.

What you need:

For the crust:

- 2 ½ Cups all-purpose flour,
- 1 Teaspoon of sugar,
- 2 Sticks of unsalted butter,

For the filling:

- 2 Tablespoons of all-purpose flour,
- 1 ½ Teaspoons cinnamon,
- 1 lemon juiced,
- 5 Granny Smith apples peeled and sliced,
- ¾ Cup sugar,
- 2 Tablespoons unsalted butter,

Preparation and Cooking:

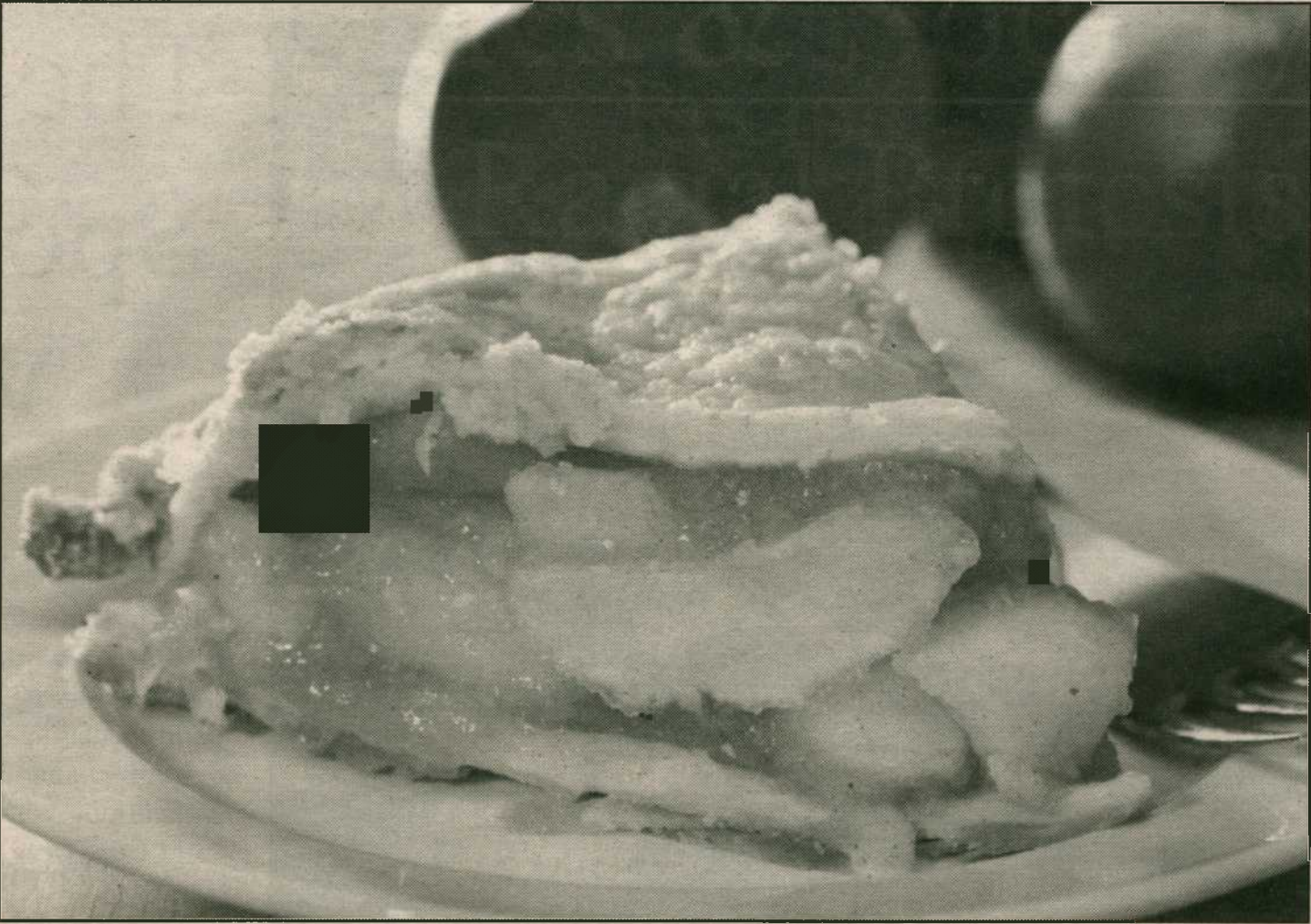
Filling: For the filling, put the sliced apples into a large clean bowl and squeeze the juice of one lemon over it. Then pour the sugar and cinnamon over the apples and mix it with a large spoon (preferably with holes). Set aside and start prep for dough.

Crust: Pour the flour and sugar into

another bowl. Slice the softened (room temperature) butter into thin squares and place a majority of them in the bowl, leaving a few for the apples later on. Knead the dough with your (CLEAN!) hands until it begins to look slightly crumbly. Add 2 tablespoons of water to the dough and continue to mix with hands until you can form a ball. Once you have done this, cut the ball in half and place the two halves on

separate pieces of cling-wrap. Flatten them with a roller, fold the cling wrap over them, and place in refrigerator for one hour. Take them out, roll them out again to fit the pie dish, and place one half in carefully. Pour the apples into this pie crust, putting the remaining butter on top of the apples, and then place the other half of dough on top, gently making indentations along the edge to hold it in place. Lastly, use a fork to

make four sets of punctures to the top in order to make vents. Place an egg yolk and a tablespoon of water in a small bowl, mix, and brush lightly over the crust. Place the pie in the oven for one hour at 400 degrees. Serve warm with a scoop of vanilla ice-cream on the side.



The Misconception of Online Dating

By Arianna Cardinale

Have you ever seen those eHarmony or Match.com commercials on TV? You know, the commercials with the single people that ask each other questions about what they are missing in their lives. Even though the commercials change from time to time, the questions and responses always remain the same. It wasn't until the end of my freshman year of college that I started paying attention to those commercials. I had begun asking myself those same questions and responding to them in the same way. I had family members who had dated online before, but I never thought I would ever join a dating site€" never mind joining four of them at the same time.

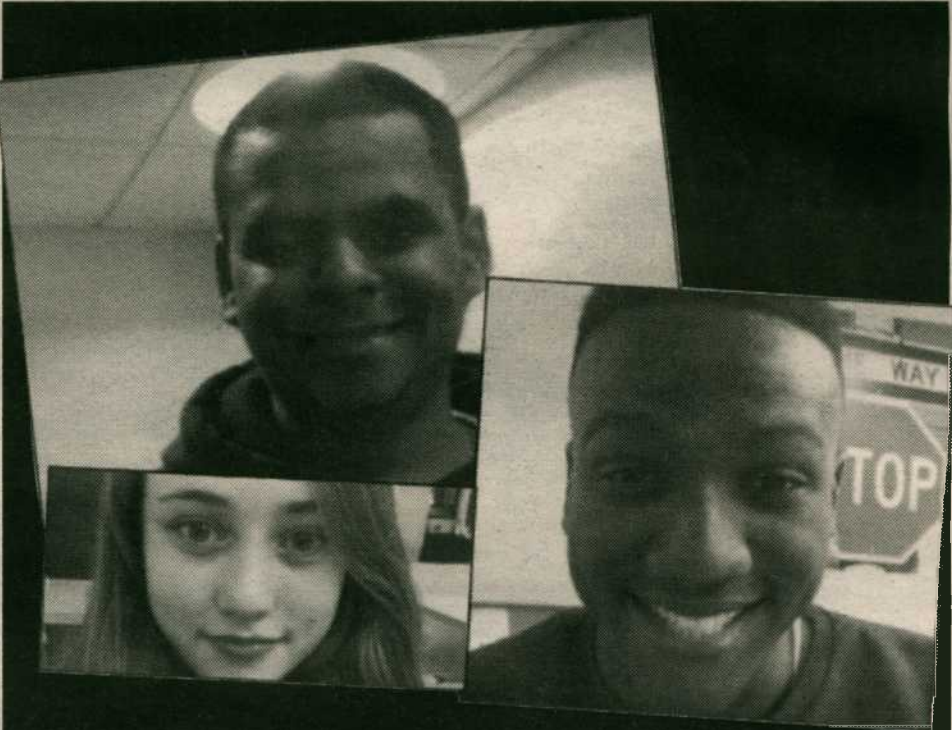
Somehow I found myself making multiple profile descriptions. I began analyzing what I liked and didn't like in order to find a "match". Most of the sites I tried worked around a match concept. Basically what it did was match individuals based on their preferences. After that, depending on the relationship one was looking for, an individual would choose the person that fit them and their lifestyle. I was very optimistic about the process and hoped that I would find someone to fit me. I found myself having conversations with various individuals and spending my evenings on my phone scrolling through singles in my area. The matches and conversations I had with them were interesting. I was excited to know that there were people interested in me. I really thought online dating would allow me to find that special person. I really thought online dating would work.

"If you like to hug people, don't date online." That is what I told my friends after I deleted my profiles. At first, I thought the compliments my matches gave me were sweet and special, but they all seemed to write the same thing. I found it hard to connect to someone that I wasn't sure was actually talking to me and vice versa. I couldn't trust people to be the person they were in their profile picture. I thought I could rely on people to tell me the truth about themselves, who they actually were and

what they actually wanted from the relationship. I didn't think it would happen to me, but I was catfished. I had begun to doubt the process of online dating and how truthful others actually were when it came to their profiles. I found myself not ready to meet people in person. When I had met someone (yes I did meet someone in person), I didn't know what to do or how to approach them or even admit to myself if I liked them in that way or not. The process made me doubt myself and what I actually wanted.

When I started asking other students around campus about their thoughts on online dating, I was surprised by how comfortable and well-thought-out everyone's responses were. Their thoughts were not much different from my own. Everyone understood the risk of not knowing who they were connecting with. They understood what it meant to risk their safety in the hope of finding that special someone. They believed others would be sincere about what they expected from the relationship. They understood the lameness of predictable conversations and empty compliments. Most importantly, every single one of them agreed that by not identifying (seeing or physical contact) with the other individual, there lacked an experience that was necessary in forming an intimate bond. Before online dating, I didn't feel comfortable revealing myself to others because I was afraid they wouldn't like who I was. After my experience with online dating, I wanted to find someone who truly understood me and appreciated my quirks. Online dating just couldn't allow that to happen for me.

Meeting people and going on dates is always going to be uncomfortable. It's not easy to admit to oneself that you want someone to rely on and find comfort in. I'm not saying online dating doesn't work, it has worked for some people. Yet, trying to understand a profile cannot truly identify who one is compatible with. Only you have to power to do that. It might take a little time and you might feel uncomfortable about how to approach someone you like, but trust me when I say that it will be worth it to know how someone connects with you. When you find that person, it will have been worth the wait.



Word Around Campus: Thoughts On Online Dating

It kind of works but not all the time. A few people are actually looking for a serious relationship. I'm not entirely against it but you just need to know that what you want is not what you are going to get from online dating. ' Argenis Ovalles, Junior English Major

From my personal experience, I'd much rather have contact with an actual person. A lot of the time social media really dilutes what human contact really is. People be like really crazy online or say things they actually wouldn't say that's out of their actual, regular character. I feel like online dating is kind of deceptive in a way because you really don't get to know that person, you get to know their online personality as

opposed to their actual personality. I much rather see them and speak to them in person because I want to know who they actually are, who I'm going to be interacting with behind the screen. ' Rodolph Mesadieu, Senior Chemistry Major

I don't think online dating is necessarily good because you don't really know who you are talking to. You could be catfished. There are a lot of things that can go wrong with it opposed to seeing someone in person when you know who you're talking to, you know who you're seeing. You know their physical features and if you are really attracted to them or if you're attracted to just words on a screen, ' Ashley Dietz, Freshman Child Study

The Biggest Sport in the World

By Olumide Lawal



Football, or soccer as called by Americans, is one of the world's most fascinating sports due to its massive global popularity and intense competitions such as the World Cup, Uefa Champions, and Europa League games. Known as "the beautiful game," soccer is the game that's open to anyone and everyone regardless of size as proven by the likes of Lionel Messi. In this article, we will discuss the English Premier League and goal-line technology.

Let's take a look at the world's most watched league, the English Premier League, also known as EPL. Located in England, this league has produced numerous many players such as Cristiano Ronaldo, Gareth Bale, and Luis Suarez being a few of many. A great feature of this league is its worldwide viewing" it broadcasts in 212 territories around the world and is working with 80 different broadcasters, resulting in a rise in its audience amounting to 4.7 billion viewers. A major reason for that rise is the increased output from the Premier League through the Premier League Content Service, which provides international broadcasters with 24/7 programming. This includes live matches, live studio analysis, news, and recorded programming. It is vital for the Premier League that what viewers see in each

country is appropriate to their local market and the tastes of local supporters.

Up next we examine the goal-line technology which helps determine whether or not a goal is legitimate. Here's how the technology works: 14 cameras are set up around the rim of each stadium hosting matches, 7 focusing on each goal, and the cables connect each camera to a central mainframe computer. The 7 cameras all track a shot on goal and send precise data back to the computer which then triangulates the ball's position in relation to the goal line. If a ball crosses the goal crosses the goal line, a vibration signal is then transmitted within fractions of a second to watches worn by referees on the field. This technology helps match officials to avoid goal controversies like Lampard's famous disallowed goal against Germany.

Soccer is a worldwide phenomenon, with millions filling stadiums each year to cheer on local and national favorites. It has not caught on anywhere near as large in America as it has across the rest of the globe, but a big upswing in youth soccer participation across the United States has led to a growth in fan interest in Major League Soccer. Here's hoping the rest of the country can understand what the diehards already know: football truly is the Beautiful Game!